



Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY



UW-Madison Division of Extension works with residents, businesses, local government and community-based organizations in Waukesha County and beyond to identify and address immediate and long-term educational needs.

Extension Connections

Extension Waukesha County Newsletter

Spring 2022

4-H Camp Scholarships Increase Opportunities for Youth

To provide more youth the opportunity to attend 4-H Summer Camp, we are seeking funds for scholarships. To make a tax deductible donation, go to <https://supportuw.org/giveto/Waukesha>. (See information about 4-H Summer Camp below.)

College Summer Intern Needed!

Extension has an intern position available at the Waukesha County office. Working with Extension Educators, the intern will assist with developing opportunities for stronger communities, access to health and wellness resources, and intentional outreach to 1st generation and low income students to provide access to career and post-secondary education options.

This paid position is 30-40 hours per week. To apply, visit <https://bit.ly/2022ExtensionIntern>.

Highlight: Seniors Improve Health with StrongBodies Stay Young Program

FoodWise partnered with Berkshire at Kensington, a senior apartment complex, to teach a StrongBodies Stay Young strength-training and nutrition series. Katy Maas taught this program twice per week for eight weeks, with 11 participants. Participants practiced eight different exercises and learned new nutrition information each week. Surveys completed by participants after the program showed that all participants noticed an improvement in their strength and/or balance. Participants commented on how the exercises were helping with activities of daily living, and that they were making nutrition-related changes such as reading labels, choosing healthier fats, and eating more sensibly.



For more information about nutrition education, contact FoodWise Administrator, Jill Herz at jill.herz@wisc.edu.

Registration Open for Waukesha County 4-H Summer Camp

Registration is now open for the 2022 Extension Waukesha County 4-H Summer Camp being held June 20-23 at Phantom Ranch in Mukwonago. Youth will enjoy doing a variety of activities



including swimming, boating, canoeing, archery, horseback riding, team building, and educational crafts. Older youth will engage in leadership training by planning and organizing camp activities, along with 4-H adult volunteers.

4-H Camp is open to all youth (4-H membership not required). For more information, visit www.waukeshacounty.gov/UWEX/4H/ACSE/.



Container Gardening Presentation Provides New Skills

Approximately 50 people from the metro Milwaukee area attended a Tips for Container Gardening Success presentation at the Realtor's Home and Garden Show given by Ann Wied, Horticulture Outreach Specialist, on March 25.

Ann is giving two additional container gardening presentations in May. One will be held on May 10 at the Menomonee Falls Public Library and the other at the Brookfield Public Library on May 11. Both are open to the public. Contact the library for more details.

Adults with Developmental Disabilities Learn to Improve Health Behaviors

Our Health & Well-being Educator, Jen Whitty, is partnering with St. Coletta at their Brookfield day program location where they serve adults with developmental disabilities. In April and May, a series of six lessons covering nutrition, food preparation, physical activity, and mindfulness will be provided.

Participants will learn cooking skills, taste test new recipes, and discuss the importance of making healthy behaviors, such as being physically active and eating a balanced diet, part of their daily lives.

For more information, contact Jen via email at jennifer.whitty@wisc.edu.



Parents Learn Nutritious Meal Preparation in Cooking Matters

Paula Schmitt, FoodWise Nutrition Educator will work with WIC (Women, Infants & Children) at Waukesha County Health and Human Services this spring to teach *Cooking Matters* lessons to parents enrolled in WIC Fit Families. The lessons, Kids say Yes to Fruits and Vegetables and The Family Kitchen, focus on cooking nutritious meals for a family on a budget. Participants will receive a grocery store gift card.



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Horticulture Helpline Provides Answers

Spring is here and it's time to get outside! The UW-Madison Extension Waukesha County office Horticulture Helpline volunteers are here to help with all of your yard and garden questions.



Call our Helpline at 262-548-7779 (phone hours are 9 a.m. to noon on various days of the week) or email your questions to the Helpline at uwex1@waukeshacounty.gov.

Extension Provides Research Report to Inform Community Decision Making

Extension educators recently conducted an analysis to provide a snapshot of four low to moderate income areas within Waukesha County. This report provided local measures for the US Department of Housing and Urban Development and local decision makers to evaluate changes in property values, housing code violations, as well as business occupancy, employment, homeownership, and crime rates. For more details on our data analysis services, contact Steve Chmielewski at steven.chmielewski@wisc.edu.

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